



OK Diabetes Feedback

What we found out
from the research





OK Diabetes is the name of the study

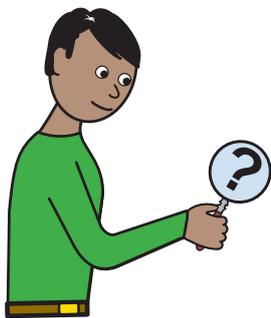
This is a short report telling you what we found out during the Ok diabetes research.

diabetes



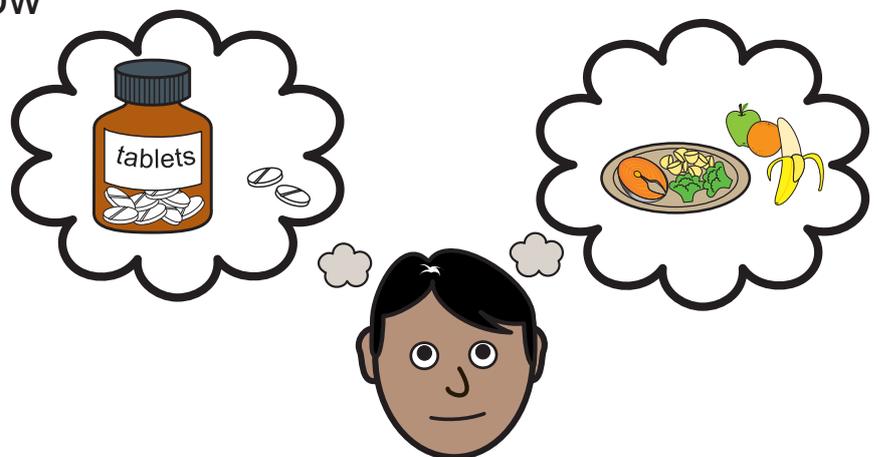
OK Diabetes was a research project run by the University of Leeds.

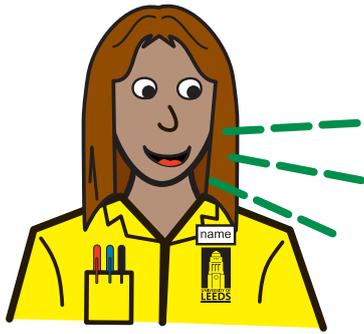
Diabetes is an illness that means people have to keep healthy and watch what they eat.



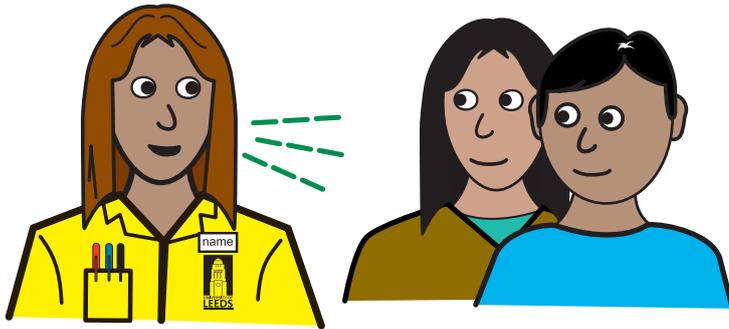
We wanted to find out about how people look after themselves when they have diabetes.

We also wanted to know about people who find it difficult to look after their diabetes and we wanted to know if we could find a new way to help.





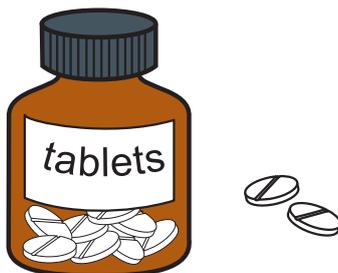
We asked people who have diabetes what helps them stay well. We also asked them about times they do not feel well.



We also asked these questions to the person's supporter if they had one.

Most people found it was

Easy to



- Take tablets.
It helped if somebody reminded them.



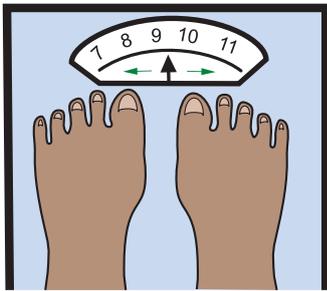
- Visit doctor.
It helped if somebody went with them.



Most people found it was harder to

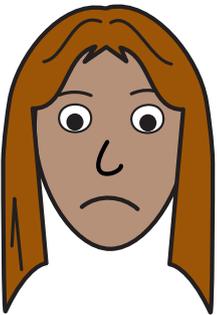


- Do exercise.

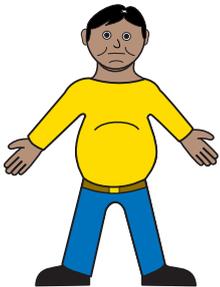


- Change their diet or lose weight.

People also said



- They were sad.

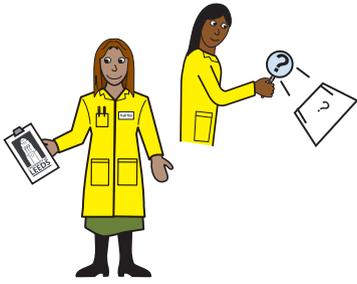


- They wanted to change what they eat and to lose weight.

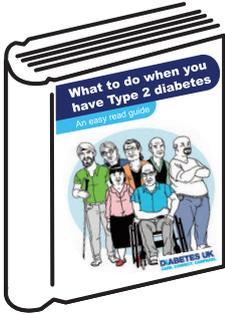
diabetes



- They wanted help with diabetes.



Some people said they would like to do more research.



Everybody who did more research was given a booklet about helping them with their diabetes.

Some nurses visited them.

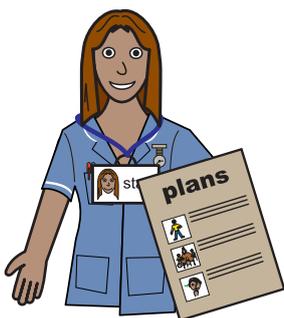


Julie



Cherry

The nurses were Julie and Cherry.



One group were visited by the nurses again 3 or 4 times to help people make a health plan.

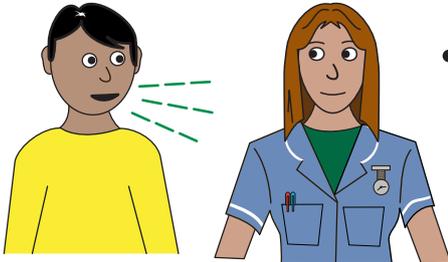
After 6 months a researcher came back to ask people how they had got on.



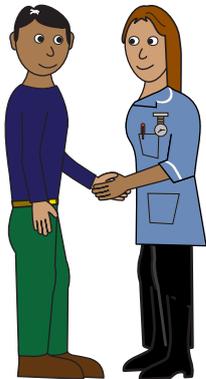
The nurse also came back to take another blood test.



Some Good things we found



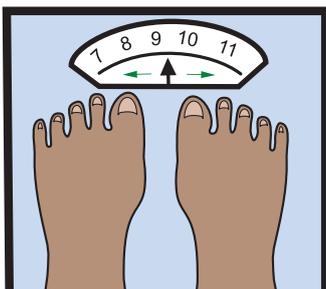
- People were good at talking to the nurse and making plans for their diabetes.



- The nurses were made welcome.



- People liked the booklet.



- Some people lost weight. Cutting out sugar in tea or stopping drinking fizzy drinks helped people lose weight.

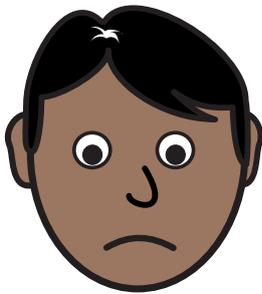
Some less good things we found out



- We didn't help everyone lose weight.



- People didn't exercise more.



- Some people still felt sad.

The OK Diabetes team want to say thank you to everybody who helped us.

Allan



Amy



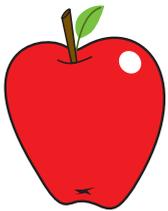
Louise



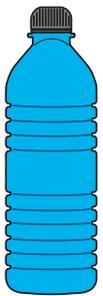
Practical tips to help you stay well for everyone who has diabetes



- Take your diabetes tablets.
If you forget them or can't swallow them tell your chemist or doctor.



- Snack on fruit or vegetables rather than sweets, chocolate, biscuits or crisps.



- Drink water or diet drinks rather than sugary fizzy drinks.



- Cut down on sugar in tea or coffee if you have it or use sweetener instead.

Practical tips to help you stay well



- Try not to sit down or watch TV for more than 1 hour at a time. Stand up and walk around for 5 minutes every hour if you can.



- Walk around more outside if you can – to the shops or join a walking group.



- If you smoke get help to cut down or stop.



UNIVERSITY OF LEEDS



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NHS
*National Institute for
Health Research*